

What is Muscle Release?

*A system of simple stretches & neuromuscular control, which relaxes the muscles as well as decompresses and relaxes the spine. The stretches can be done in a simple 5 – 15 minute daily routine. **THINK OF IT AS THERAPY.***

*It is rooted in yoga but mixed with the simplicity of stretching. Its **EASY!** & You can use simple props to make sure you can do each stretch easily.*

*There is **NO FLEXIBILITY** required and the stretches never force you to go past your comfort zone. If you can lay on the ground, you can do it!*

***TRY THIS:** Make a fist, come on you can do it. Now let go & “unclench” your fist. See, you already know how to release muscles. The trick is to learn how to release the muscles that are clenched up like fists all over your body.*



If you can do this, ↑ you can do it!

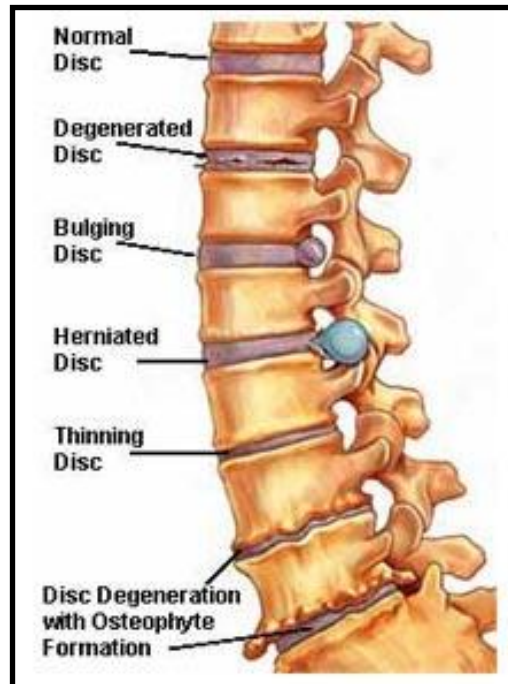
Why do we Need Muscle Release?

*As we age, **OUR MUSCLES TIGHTEN** which can cause pain in the form of pinched nerves, muscle spasms & muscle knots.*

***OUR SPINE GETS COMPRESSED** putting stress on intervertebral discs.*

*With the muscle release routines, you can **DECOMPRESS YOUR SPINE** gradually taking the pressure off the intervertebral discs.*

*Muscle Release is one of those things where once you learn it, you'll never know **HOW YOU LIVED WITHOUT IT!***



The Key to Health, Longevity & Sports Performance

Not only will you experience less pain, muscle release opens up circulation in your body, more benefits include:

- **Weight Loss, More Energy**
- **Increased Strength & Endurance**
- **Increased Neuromuscular Control**
- **Sciatica Relief**
- **Increased Circulation**
- **Lower Blood Pressure**
- **More Flexibility, Range of Motion**
- **Better Blood Sugar Control**
- **Decreased Stress & Anxiety**
- **Lower Risk of Chronic Diseases**
- **Longer, Healthier & Happier Life!**

ATHLETE?** Want to gain an advantage over your opponents like no other? Increase your neuromuscular control by accessing more muscle fibers & increasing the speed your muscles move at! Schedule a **FREE** session **NOW!

